r goals, as Fixen's 7-4 at 8:27. Not a Macer's third put in a four-goal def-

a matter of time as athleticism and said. "We started saves in the sec-getting the ball the rest was his-

's fourth made it ach Henkaus gave ngs a seven-goal after taking the ng hands and scorseconds left alftime buzzer. on the field is an

apon," said Fixen,

helped our chemistry and team

While the offense was put-ting more distance between itself and the Mustangs, Cigliano kept Mira Costa High's offense quiet from the 2:02 mark in the first and com-bined with freshman David bined with freshman David McCann to keep the Mustangs scoreless until the 9:44 mark of

the fourth quarter.

"We have two really good goalies — either one of them could start and Grant is a three-year starter," Fixen said.
"He is the general, the leader of the defense. Nothing is going to got part him. His backup is get past him. His backup is going to be great too; it's great he is learning from Grant.

"When he is on, he's on," Borell said of Cigliano. "He is so hard on himself and we expect a lot out of him. We ride him pretty hard and he was pretty furious after that first quarter, but he came out of the half and was on fire. He is a great senior leader."

Fixen led the Sea Kings with six goals, with Macer adding four. Romer, Henkaus, Francis and senior Dean Dillenberg each scored twice, while junior Brooks Hawkins and senior

Michael Schlader added one

in Southern California by lax-power.com, defeated Beverly Hills High on Monday night 20-3 and played host to cross-town rival Peninsula High School yesterday. Scores were not available at press time.
"We just need to do what we

do because we are good at it," Fixen said. "We need to stay calm and poised the whole time, because in big games like this, it's the guy who does the easy things best coming out on top.

Nick Ingram is the News' Freelance Sports Editor

one burglary.

ARRESTS/CITATIONS Spousal Assault: 1

## March 15 Burglary

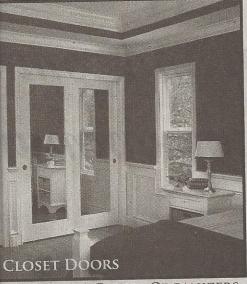
Between 2 and 4 p.m., unknown suspect(s) forcibly gained access to a locker in the 27100 block of Silver Spur Road and took an iPhone.



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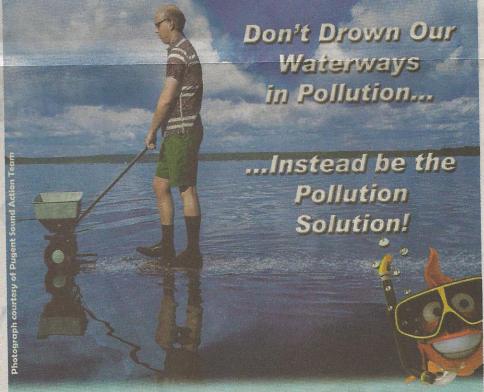
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## You Can Be the Solution to Pollution

Watch how you use and dispose of different materials around your home. Fertilizers, yard clippings, automotive fluids, and animal waste can all be souces of pollution in our waterbodies. Please take care with these materials around your home, because your actions DO make a difference.

- Apply Fertilizers and Pesticides SPARINGLY and never apply these materials prior to rain!
- Talk to your gardener or landscaper about proper ways to dispose of yard waste and debris.
- Clean up after pets and dispose of waste into a trash can, don't let them wash away.



Nutrients can change the delicate balance of food and oxygen in fresh and coastal waters. An abundance of nutrients can result in algae blooms, dead zones, die offs, and change marine habitat. Nutrients are often found in fertilizers and other garden chemicals, along with animal waste, including manure.

- •Make sure all leaf blowers, if used, do not blow yard clippings into the street or canyons.
- Do not dump manure or yard waste into streets, or canyons, or on slopes; it can make GREAT composting material and can also be recycled.
- Collect and recycle used oil and filters when servicing your vehicle.
- Fix all oil leaks and use an absorbent material such as kitty litter to clean up spills.
- For more information on protecting our precious resources log onto: www.888CLEANLA.com







Reduce - Reuse - Recycle

A message from the Cities of Rancho Palos Verdes, Rolling Hills Estates, Rolling Hills and Palos Verdes Estates. Funded in part by a grant from CalRecycle